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| **Summer Harvest Salad**  Serves: 24 - 30 tastes  Source: Dressing – Epicurious.com | |
| **Ingredients**  6 Handfuls of garden greens  Including: Lettuce, spinach, celery leaves - washed and spun dry  Bowl of tomatoes, chopped  1 cucumber, sliced  2 apples, cored and cut into matchsticks (keep in water so it does not discolour)  1 carrot sliced into ribbons with a peeler  2 tablespoons toasted pepita seeds  Dressing  4 tablespoons olive oil  1 & ½ tablespoons apple cider vinegar  1 teaspoon honey  1 teaspoon Dijon mustard  2 teaspoons minced shallots  Season to taste with salt and pepper | **Equipment**  Chopping Board  Knives  Measuring cups and spoons  Salad spinner  Mixing bowls  Jar with tight fitting lid  Serving bowls |
| **What to do:**   * Wash and spin dry the lettuce and garden greens * Prepare the tomatoes, cucumber, apple and carrot * Toast the pepita seeds in a dry frying pan over a low heat – remove them from the pan once toasted – set aside to cool * In a large bowl toss all the salad ingredients together * Make the dressing by shaking all the ingredients in a jar with a tight fitting lid * Pour the dressing over the salad, toss to coat * Divide between serving bowls, scatter with pepita seeds and serve | |